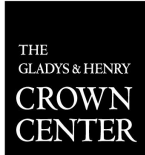


# CROWN NEWS

Friends Are Waiting to Greet You  
at Crown Center

DECEMBER 2009



FOR SENIOR LIVING

8350 Delcrest Drive  
Saint Louis, Missouri  
63124-2166

Telephone: (314) 991-2055  
Facsimile: (314) 991-8419

INDEPENDENT LIVING  
IN A CARING COMMUNITY

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Nikki Goldstein, Executive Director



## Invitation

Please join us on  
Monday, Dec. 14,

5:00 p.m. for a festive  
Chanukah Celebration

Dinner & Entertainment

Menu: Chicken Marsala,  
Garden Salad, Potato Latkes  
Green Beans, Applesauce  
Chanukah Dessert

For reservations please call  
314 - 991- 2055, x 124 by Dec. 11,  
or sign up in the Dining Room at mealtime.

Suggested donation is: \$3.00

We hope to accommodate as many as  
can be seated and look forward to  
sharing this event with you.

[www.crowncenterstl.org](http://www.crowncenterstl.org)

*A Note from Nikki...Nikki Goldstein, executive director*

The days are short, the air is cold...it is winter in St. Louis. Fortunately, Crown Center is filled with light and warmth.

It is always “heart-warming” to see...

...connections that people have with one another. Were it not for Crown Center, many of the friendships forged between people would never have happened--their paths would never have crossed.

...the light in the eyes of a resident when she proudly shows photos of her great - grandchild to her friends and neighbors, and her delight when they respond enthusiastically.

...the warm smiles that residents offer to all who pass. There is no language barrier when it comes to smiles.

...the protection against the cold weather that the warm scarves and hats knit by the “knitting group” will provide to needy children.

...the satisfaction that comes from warmly greeting guests as volunteers who staff the link desk as “ambassadors”

...the light heartedness enjoyed by those who participate in the bell choir and the Crown Center chorus, all making beautiful music together

...the warmth of hot soup shared with friends in the Crown Center dining room

...the lights of Chanukah, Christmas, and all holiday celebrations

...the warm, secure feeling that accompanies the knowledge that one is living in a good place

Light and warmth are definitely not in short supply this winter. It just depends on where you look--and if you join in spreading them to others.



### ***Holiday Decorations Contest***

We take pride in the diverse holiday celebrations at Crown Center and know the many creative talents of residents. So during the month of December, please decorate your apartment doors. A panel of independent judges will choose one winner from each building. Winners will be announced on *December 22*, and *prizes* will be awarded. Tap into your originality and have fun!



|              |   |                      |                                  |                                |
|--------------|---|----------------------|----------------------------------|--------------------------------|
| <b>IN</b>    | Birthdays (p. 4)                          | Monthly Menu (p. 12) | Note from Nikki (p. 2)           | Programs Descriptions (p. 7,8) |
| <b>THIS</b>  | Social Services & Program Notes (p. 3, 9) |                      | This and That (pp. 5, 6, 9, 11 ) |                                |
| <b>ISSUE</b> | Tributes (p. 10 )                         |                      | *Calendar insert                 |                                |

## Resident & Community Services

Social Services staff has planned three **Bagels & Learning** programs for December at 10:00 a.m. in the Weinberg Lounge:

- **December 7** - Stacy Delvo, a social work student at St. Louis University, will discuss her recent meeting with the Silver Haired Legislature.
- **December 14** - Rabbi Shmuel Greenwald of Aish HaTorah will offer insights into the holiday of Chanukah.
- **December 28** - for "National Whiners Day", just passed on December 26, we will examine a defect we often find in others, but overlook in ourselves.

The monthly **Peer to Peer** group, facilitated by a trained OASIS volunteer, will meet on **Wednesday, Dec. 16, 1:00 p.m.** in the Tallin TV Room. The topic for discussion is "The Power of Laughter: Funny Moments." Come reflect on how silly or outrageous situations can actually make our lives richer.

**Farewell to Sarah Shetley** - Our student intern is graduating this month with her master's degree in Social Work from Washington University. We wish her success as she pursues job opportunities. Please join us for a good bye gathering on **Monday, Dec. 14 at 2:00 p.m.** in the New Classroom.

Florence Schachter, MSW  
Director of Resident & Community Services  
Lara Burch, MSW  
Social Services Coordinator

### CONVERSATION

**The real art of conversation is not only to say the right thing at the right place but to leave unsaid the wrong thing at the tempting moment. ~ Dorothy Nevill**

## News about Programming



**The Mobile Post Office has dropped its scheduled visits to Crown Center. Please note that Schnucks and Walgreens sell stamps. The Crown Center bus will make periodic visits to a post office to assist with mailing needs.**

**A new class, "In Our Own Words", will bring an opportunity for participants to share their stories. Facilitated by community volunteer, Betsy Rubenstein, the first session will meet on Tuesday, Dec. 1 at 2:30 p.m. in the New Classroom.**



**A resident has expressed an interest in sharing and teaching the game of chess with others. If you are interested in playing or learning chess, please leave your name and phone number at the main desk and you will be contacted about a starting date and time.**

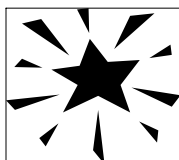


### Dining Room Protocol



- **To make a reservation for Sunday dinners, please remember to call 314-991-2055 x 124 by Friday morning. Staff is not in the office on weekends to accept either reservations or cancellations.**
- **In order to make our dining experience pleasant and our guests feel welcome, we do not allow diners to reserve seats. If you wish to sit with a special friend, we suggest you walk in together and find a place. Or consider making a new friend by asking a newcomer to join you.**
- **Dining Room Coordinator Maribeth Nolan's office is now at the rear of the dining room.**

# DECEMBER BIRTHDAYS



## CELEBRITIES

- 1 - Bette Midler
- 2 - Britney Spears
- 3 - Andy Williams
- 5 - Little Richard
- 6 - Ira Gershwin
- 8 - Sammy Davis, Jr.
- 11 - Sen. John Kerry
- 12 - Bob Barker
- 16 - Jane Austen
- 18 - Steven Spielberg
- 22 - Diane Sawyer
- 24 - Howard Hughes
- 25 - Cab Calloway
- 26 - Steve Allen
- 27 - Oscar Levant
- 28 - Woodrow Wilson

## RESIDENTS

- Mariya Boym - 12/1
- Lucille Hinton - 12/2
- Frances Darby - 12/2
- Jun Sun - 12/2
- Warnell Willis - 12/3
- Ilya Grabsky - 12/3
- Yelizaveta Opacheskaya - 12/5
- Riva Lev - 12/5
- Raisa Pernik - 12/6
- Opal Christiansen - 12/8
- Jingwei Hu - 12/11
- Lena Borgman - 12/12
- Rosita Levy - 12/12
- Cleo Anderson - 12/16
- Carl Goehri - 12/18
- Irvin Friedman - 12/22
- Dinghai Min - 12/22
- Alevtina Karin - 12/24
- Grigori Moroz - 12/25
- Jun Cai You - 12/26
- Nina Kozaryuk - 12/26
- Helen Singer - 12/27
- Jingyun Mai - 12/28



## Some birthday thoughts...

- You are only young once, but you can be immature for a lifetime.  
~ John P. Grier
- From our birthday until we die  
Is but the winking of an eye.  
~ William Butler Yeats
- Men are like wine. Some may turn to vinegar, but the best improve with age. ~ Pope John XXIII

Congratulations to last month's word puzzle winner:  
**Mariya Levin**

## REMINDER

The next Resident Council meeting is scheduled for Thursday, December 10, at 6:00 p.m. in the Weinberg Lounge.



## ADVICE COLUMN



Dear Shirley and Phil,

I have a long time friend who has become increasingly critical of others, especially her family who can never seem to do anything right. She cannot forgive even the most minor mistakes. I worry that this behavior is not good for her mental health and I am now wondering if this is just who she is. What can I do?

**Wanting my friend back**

Dear Wanting,

It sounds like your friend is a very unhappy person, whatever the underlying reason. Try talking to her in a non-judgmental way about your concerns. As we often suggest in this column, her attitude may be related to a health issue and seeing her physician could have this assessed. Encourage her to do this in the hope that you will get your friend back.

Love,

**Shirley**

Humor can be an effective way to get a message across. Next time she starts to criticize some minor or unintentional behavior that she finds offensive, just say, "Enough already!" Do it with a smile to lighten the mood and change the negative direction of the conversation and hope she gets the hint.

Stay calm.

**Phil**



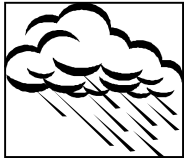
## *Slip-ups in news headlines:*

- **Slain doctor worried about his death.**
- **Youth hit by train is rushed to two hospitals.**
- **Flawless take off marred by hitch.**
  - **Holy Mother crushes Sacred Infant**  
(referring to a basketball game between two Catholic high schools)
- **Joint committee investigates marijuana use**
  - **School praised after vandalism**
- **Latest census figures show that more than one New Zealander is a Maori or Polynesian**
- **The driver involved in this incident asked that her gender not be revealed**

From Things People Said,  
<http://www.rinkworks.org.said/news>

The "Crown News" is printed for the use of the residents and friends of The Gladys & Henry Crown Center for Senior Living. An ADAM Member Facility





## The Rainy Day

by Henry Wadsworth  
Longfellow

The day is cold, and dark, and dreary;  
 It rains, and the wind is never weary;  
 The vine still clings to the moldering  
 wall,  
 But at every gust the dead leaves fall,  
 And the day is dark and dreary.

My life is cold, and dark, and dreary;  
 It rains, and the wind is never weary;  
 My thoughts still cling to the moldering  
 past,  
 But the hopes of youth fall thick in the  
 blast  
 And the days are dark and dreary.

Be still, sad heart! And cease repining;  
 Behind the clouds is the sun still  
 shining;  
 Thy fate is the common fate of all,  
 Into each life some rain must fall,  
 Some days must be dark and dreary.

## Bucket o' Chicken

One day a state trooper was pulling off an expressway near Chicago. When he turned onto the street at the end of the ramp, he noticed someone at a chicken place getting into his car. The driver placed the bucket of chicken on top of his car, got in, and drove off with the bucket still on top of his car.

So the trooper decided to pull him over and perform a community service by giving the driver his chicken. He pulled him over, walked up to the car, pulled the bucket off the roof, and offered it to the driver.

The driver looked at the trooper and said, "No thanks. I just bought some."

[www.gcfl.net](http://www.gcfl.net) - from ArcaMax Jokes.

## Some more fun puns...

Police were called to a daycare  
 where a three-year-old was  
 resisting a rest.

To write with a broken pencil  
 is pointless.

When the smog lifts in Los  
 Angeles, U C L A.

The dead batteries were given  
 out free of charge.

We'll never run out of math  
 teachers because they multiply.

When a clock is hungry it goes  
 back four seconds.

A dentist and a manicurist  
 fought tooth and nail.

You are stuck with your debt if  
 you can't budge it.

A boiled egg is hard to beat.

## Potholes

I was driving my Dad and Grandfather down a rough country road. Handling Grandpa's four-wheel-drive vehicle made for a particularly bouncy ride. Embarrassed, I offered the lame excuse that the sun shadows coming through the trees made it hard for me to see all the potholes.

"Don't worry, Son," Grandpa said.  
 "You're gettin' most of 'em."

<http://www.gcfl.net/archive.php?funny=20091103>

## DECEMBER PROGRAMS: DETAILS

### **Tuesday, December 1**

**2:30 p.m. In Our Own Words Weinberg Lounge**  
This new program with Betsy Rubenstein will provide an opportunity for participants to share their stories in a comfortable setting.

### **Wednesday, December 2**

**11:30 a.m. Trip to Ryce Oriental Buffet Bus \$2**  
Enjoy a wide array of food choices at this favorite restaurant.

**6:00 p.m. Trip to Tilles Park for Winter Wonderland Bus: \$2**  
This popular St. Louis holiday tradition is a festive way to usher in the season.

### **Saturday, December 5**

**10:00 a.m. Neve Shalom Religious School Students**  
The children return to Crown Center to make scarves and blankets to donate to local charities. All are welcome to participate in this easy and worthwhile project.

**2:00 p.m. Bingo with the McKenna's Dining Room**  
Fun is always a part of this gathering!

### **Sunday, December 6**

**2:00 p.m. Holiday Concert with Crown Center Singers**  
Come enjoy the music and appreciate the diverse talent at Crown Center. We are pleased to have Cantor Nathanson as a guest soloist.

### **Monday, December 7**

**10:00 a.m. Bagels and Learning (see page 3)**

### **Tuesday December 8**

**3:30 p.m. When Tradition and History Collide: The Case of Chanukah  
(see page 9)**

### **Wednesday, December 9**

**11:30 a.m. Young @ Heart Bus: \$2/program is free**  
Enjoy a concert with The Hot Flashes, a group of five St. Louis area women over a "certain age" joined together for the love of music and performing. Then enjoy the fun-loving senior citizen choir Called Young @ Heart, celebrating the unbreakable bonds of friendship and the life affirming power of music.

### **Thursday, December 10**

**11:00 a.m. Trip to Galleria Bus: \$2**  
Walk, shop, lunch.

### **Friday, December 11**

**1:30 p.m. Torah Nuggets (see page 9)**

### **Sunday, December 13**

**10:00 a. m. Temple Israel Sunday School Chanukah Celebration (see page 9)  
Weinberg Lounge**

## DECEMBER PROGRAMS: DETAILS

**Monday, Dec. 14**

**5:00 p.m.**

**Elegant Chanukah Dinner & Entertainment (see cover page)**

Come light the candles with our United Hebrew Congregation friends, enjoy a delicious dinner, and hear musical entertainment by Jay O'Brien.

**Tuesday, December 15**

**1:30 p.m.**

**Cooking with Jon Rubin (see below) Arts & Crafts Room Fee: \$2**

**Thursday, December 17**

**1:00 p.m.**

**Trip to Overland Plaza Bus: \$2**

The Dollar Store, Marshalls, and other shopping venues are there for your holiday shopping. Or, just browse if you prefer.

**6:00 p.m.**

**Birthday/Chanukah Bash with YIDN**

Come for dinner and stay for the great entertainment of this popular group.

**Friday, December 18**

**1:30 p.m.**

**Torah Nuggets (See page 9)**

**6:00 p.m.**

**BSKI Friday Evening Services**

All are welcome.

**Saturday, Dec. 19**

**5:30 p.m.**

**The National Shrine of Our Lady of the Snows Meal & Bus:\$22**

Enjoy the magnificent Way of Lights Holiday Display followed by a delicious Buffet dinner meal.

**Monday, Dec. 21**

**10:00 a.m.**

**Bagels and Learning**

**Weinberg Lounge**

KSDK Producer and Crown Center board member, Ava Ehrlich, will offer a presentation on "How TV News Works."

**Thursday, Dec. 24**

**11:00 a.m.**

**Trip to Uncle Bill's Pancake House Bus:\$2**

Enjoy a late breakfast or an early lunch before the holiday festivities begin.

**Monday, Dec. 28**

**10:00 a.m.**

**Bagels and Learning (see page 3)**

**Thursday, Dec. 31**

**11:00 a.m.**

**Trip to Galleria**

**Bus: \$2**

Walk, shop, lunch.

### **Cooking with Jon Rubin**

**Would Chanukah be the same without cookies shaped like menorahs and dreidels? Help Jon bake and decorate cookies for this holiday.**

**Taste testers needed.**



## Special Jewish Programming in December

### Torah Nuggets

Friday, December 11 & 18

1:30 - 2:30 p.m.

Weinberg Lounge

Join Rabbi Elizabeth Hersh as she shares her insights on weekly Torah portions.

### When Tradition and History Collide: The Case of Chanukah

Tuesday, December 8

3:30 - 4:30 p.m.

Weinberg Lounge

Rabbi Ryan Dulkan will explore the Chanukah story through an historical lens and in the process challenge some of our basic understandings of the holiday's message.

### Temple Israel Hebrew School

Sunday, December 13

10:00 - 11:00 a.m.

Weinberg Lounge

Join Temple Israel 3rd graders in celebrating Chanukah with songs and dreidel games.



## STEREOTYPES

How much are we victims of negative stereotypes about aging and health? If we see ourselves as “old”, does this shape the way we approach how to behave? A Harvard psychologist, Ellen Langer, did an experiment with a group of men in their 70's and 80's taking them back in time. In an old New England hotel, she created a play like setting using props that brought the men back 20 years when they were in their 50's and 60's. She told them to act as though they were again living at this time.

She was stunned by what happened. After just one week, the men in the experimental group, versus another control group not put into this environment, had more joint flexibility, increased dexterity, and less arthritis in their hands. Posture and walking ability improved and mental sharpness was noticeably better. When photos of these men were shown to outsiders, they were assessed as being much younger than their years. The experience had apparently made them act and appear younger.

Langer's findings are detailed in her book, *Counterclockwise: Mindful health and the power of possibility*, (2009, New York: Ballentine). A lesson for us all: rather than spending time acting the way we believe an “old person” should, spend time doing what suits us. How often have we heard, “You are as old (or young) as you act.” Langer's work has produced scientific evidence for this.

from *The Positive Aging Newsletter*, May/June 2009; [www.taoinstitute.net](http://www.taoinstitute.net)

**RESIDENTS TRIBUTE FUND**  
 Donated between October 15 - November 13, 2009

**In Honor/Recognition of:**

*Crown Center*  
 Zelda Jacobs  
 John Tian & Zhong Chen  
  
*My grandson Ryan's college graduation*  
 Rosalie Grosman  
  
*The engagement of Rena Goodman*  
 Irene Kohm

**In Appreciation :**

*to the Staff of Crown Center for all you do for the residents*  
 Ann Berin  
  
*for the kind cards & tokens of love to me on the loss of my twin sister, Louise Henderson*  
 Bernice Rush  
  
*for all the birthday cards I received*  
 Harriet Bridgewater

**In Memory of :** →

*Nikki Goldstein's mother,*  
*Shirley Geeser*  
 Shulan An  
 Gerry Buining  
 Kam Yuk Chan  
 Chung Lung Chen & Yu Chin Chen  
 Zhong Chen  
 June Chou  
 Mui Chung  
 Chen Chung  
 Wai Ching Fong  
 Su Ling Go  
 Marilyn Goodman  
 Martha Hardy  
 Paul Ho  
 Fran Hoyt  
 Su-Ai Hsu  
 Jing Wei Hu  
 Shih Hui Lee  
 Mui Chung Leong  
 Ya Dong Li

Tak Wah Lin  
 Yau Hing Lo  
 Chi Lu  
 Sook Ying Lum  
 Dolly Martin  
 Ding Hai Min  
 Gert O'Neill  
 Sae Kuen Ng  
 A. S. Ong  
 Joyce & Jacqueline Rudolph  
 Fa Yang Shen  
 Si Mei Shih  
 Annita Suffian  
 Lo Yang Wang  
 Mei Wang  
 Chung Ying Xie  
 Qi Ying Yu  
 Wen Cao Zhao  
 Ronga Mei Zhu  
 The Board & Staff of Crown Center  
  
*Oren Jaffe*  
 Irene Kohm

**Crown Center Mission Statement**  
 Crown Center is committed to providing affordable, quality, independent living in a caring, secure, diverse, and friendly atmosphere, honoring the Jewish tradition.

**Save the Date**  
**New Year's Eve Party, December 31**  
**Crown Center - Weinberg Lounge**  
**Come celebrate!**  
**8:00 p.m. - Midnight - Details TBA**

- ★ Crown Center programs, activities, and transportation services are made possible through the generosity of the:
- ★ • Gladys and Henry Crown Trust
  - ★ • Benjamin Tallin Programming Fund
  - ★ • Stanley & Lucy Lopata Exercise Fund
  - ★ • Birdie Fisher Fund
  - Myla Rosenblum Bagels & Learning Fund
  - Marie & Joseph Chused Cultural Events Fund
  - Martin & Ethel Wishnuff Birthday Fund

**Residents Tribute Fund**  
 This fund benefits residents by helping with the cost of programs and activities. When you make a donation, we will send an acknowledgement card to the person you request and your contribution will appear in the next "Crown News".  
*Tributes are available at the Front Office (see Fran Hoyt)*

## SPELLING

I don't see any use in having a uniform...way of spelling words. We might as well make all clothes alike and cook all dishes alike. Sameness is tiresome; variety is pleasing. I have a correspondent whose letters are always a refreshment to me, there is such a breezy unfettered originality about his orthography. He always spells Kow with a large K. Now that is just as good as to spell it with a small one. It is better. It gives the imagination a broader field, a wider scope. It suggests to the mind a grand, vague, impressive new kind of a cow.

~ *Mark Twain (aka Samuel Clemens)*

*from a speech at a spelling match, Hartford, Connecticut, May 12, 1875.*

Despite his feelings about a uniform spelling, Clemens was asked to be on a Simplified Spelling Board begun in March 1906 by industrialist Andrew Carnegie, who was convinced that English could be a universal language used around the world if it were easier to read and write. One goal was to make written English phonetic as it had once been, without so many silent letters added over the centuries.

The 26 member Board, made up of scholars, publishers, educators, and business men published the initial list of 300 words on April 1, 1906. Much of the list included words ending with -ed changed to end -t ("addressed", "caressed", "missed", becoming "adresst", "carest", "mist", respectively). Other changes included removal of silent letters (catalogue to *catalog*, answer to *anser*, ghost to *gost*), changing -re endings to -er ("calibre" and "sabre" to "caliber" and "saber"), changing "ough" to "o" to represent the long vowel sound in the new words *altho*, *tho*, and *thoro*.

Initially they got a wave of support with schools endorsing the movement. And one of their biggest supporters was President Teddy Roosevelt who ordered the Government Printing Office to use the new spellings in all documents put out by the executive branch. When this was made known, a backlash developed against the Simplified Spelling Board, which had not even been informed of the President's action. Congress had not been consulted either, and it reacted by passing a resolution retaining the spelling found in most dictionaries, not the new spelling of the 300 words, for all official documents. Clemens never gave his full support, doubting that the change was worthwhile, but believing that if it took hold, eventually people, after some outrage, would adapt.

Because of a world wide media, the legacy of the British Empire, and the economic power of both the United Kingdom and the United States in the 20th century, Carnegie's dream actually was achieved: English was adopted unofficially as the primary language of international business and of global communication. But the challenges of spelling and pronunciation continue...

*Source: <http://1900s.about.com> - adapted from "1906 - Teddy Roosevelt Simplifies Spelling"  
by Jennifer Rosenberg*

**Just the right word...**

**It's always a bit of a struggle to get the words right, whether we're a Hemingway or a few fathoms below his level. ~ Rene J. Cappon**

8348 Delcrest Dr.  
under the auspices of  
MIDEAST AREA  
AGENCY on AGING

# CROWN KOSHER DINNERS

# DECEMBER

For Meal  
Reservations  
Call 314-  
991-2055

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday  |  |
|--|--|---|--|---|--|
| Some Menus<br><i>are</i><br>subject to<br><i>change.</i> | <br>Remember<br>Special<br>Chanukah<br>Dinner,<br>December 14 | 1<br>Chicken<br>empanadas<br>Rice<br>Garden salad<br>Steamed broccoli<br>Sorbet                         | 2<br>Grilled salmon<br>Mashed potatoes<br>Caesar salad<br>Fresh fruit              | 3<br>Cheese pizza<br>Potato fries<br>Cream of tomato<br>soup<br>Cherry pie                          |  |
|  | 6<br>Stuffed cabbage<br>Rice<br>Garden salad<br>Corn<br>Apple cobbler  | 7<br>Chinese chicken<br>Rice<br>Egg drop soup<br>Stir-fry vegetables<br>Sliced pears                    | 8<br>Roast turkey<br>Stuffing<br>Garden salad<br>Mixed vegetables<br>Peach cobbler | 9<br>Tuna a la king<br>Casserole/noodles<br>Split pea soup<br>Green beans<br>Carrots<br>Banana cake | 10<br>Lasagna<br>Italian vegetables<br>Peas & carrots<br>Vanilla pudding         |
|  | 13<br>BBQ beef<br>sandwich<br>Baked potato soup<br>Creamy cole slaw<br>Mixed vegetables<br>Apple pie   | 14<br>Chicken marsala<br>Garden salad<br>Potato latkes<br>Green beans<br>Applesauce<br>Chanukah dessert | 15<br>Fish cake<br>Peas & carrots<br>Baked potato<br>fries<br>Brownie              | 16<br>Steak soup<br>(stew)<br>Rosemary<br>potatoes<br>Fresh fruit                                   | 17<br>Macaroni &<br>Cheese<br>Carrots & broccoli<br>Tomato soup<br>Chocolate pie |
|  | 20<br>Hawaiian<br>chicken<br>Rice pilaf<br>Sautéed yellow<br>squash/zucchini<br>Apple pie  | 21<br>Oven fried<br>Tilapia<br>Mashed potatoes<br>Cole slaw<br>Fresh fruit                              | 22<br>Meatloaf<br>Mixed veggies<br>Vegetable soup<br>Cookie                        | 23<br>Tuna croquettes<br>Buttered noodles<br>Green beans<br>Carrots<br>Apple pie                    | 24<br>Grilled veggie<br>pizza<br>Caesar salad<br>Green beans<br>Cheese cake      |
|  | 27<br>Steak soup (stew)<br>Italian salad<br>Baked potato<br>Marble cake  | 28<br>Tuna croquettes<br>Butternut squash<br>soup<br>Potatoes lyonnaise<br>Carrot kugel<br>Sorbet       | 29<br>Chicken pot pie<br>Corn pudding<br>Fresh fruit                               | 30<br>Chef's tuna salad<br>Hard boiled egg<br>Chef's salad<br>greens<br>Choc. chip cookie           | 31<br>Lasagna<br>Garden salad<br>Peas & onions<br>Ice cream<br>sundae            |